



## Pregnancy Reminders... How to Beat the Heat and Stay Cool

Hot enough for you? Since pregnancy raises your core body temperature, take a few precautions to protect yourself and your baby from dehydration and other heat hazards.

- Limit outdoor tasks to morning or evening hours.
- Wear light-colored clothing.
- Drink plenty of liquids to remain hydrated.
- Spritz yourself with a spray bottle of water.
- You are more prone to sunburn when pregnant so liberally apply sunscreen and reapply throughout the day.
- Take quick, frequent showers to keep cool.
- Take frequent naps.

- Follow your body's lead – if you're too tired to cook, clean, or run errands then don't.
- Beware of picnic foods like potato salad and coleslaw that can turn bad quickly when left out in the heat.
- Wear loose fitting, light summer maternity clothes

Early-term labor and births have been statistically shown to increase during the hottest days of the year, so be cautious about outdoor activities on the hottest days.

For more info on your pregnancy, check out Baby on Board on [DesertWestOBGYN.com](http://DesertWestOBGYN.com) and, of course, call your provider at 602-978-1500 with any questions!



### My World *By Robert Phillips, MD*

Growing up in a small town in New Mexico with a father who was an OB/GYN, I grew up proud to hear neighbors say to their children, "That's the doctor who delivered you!" That pride set me on the path to becoming a physician.

While keeping my options open in medical school, it was the thrill of delivering many babies that closed the deal on this specialty. I'm not sure anyone gets into this field thinking, "I'm going to do pap smears all day!" It's the delivery part that draws people in along with the intrigue and challenge of surgery, primary care, and long-term patient relationships.

After 30 years at Desert West and during my six years of training, I feel truly blessed to have been a part of thousands of pregnancies and the emergences of new life into the world. What a privilege that families let you

into such an important event. Now that I've matured, I'm now delivering the second generation of patient's babies. A great aspect of working at the same place is the long-term patient relationships. There are few specialties that allow you to reconnect with patients year after year...or sometimes after a 3, 5 or even 10 year gap. Just like with old friends, we simply pick up where we left off.

My wife and I are very proud of our three sons who have become fine young men, working in marketing and advertising, music and teaching, and business and real estate. We support high school music and a couple of the foster and crisis children's programs in the Phoenix area. I enjoy reading and always have a book or two going, usually mystery or intrigue or now sometimes travel. With an empty nest, it is much easier to travel. Recently, we visited the beautiful Galapagos Islands and saw thousands of birds, fish, iguanas and the giant tortoises.